

Bobcat Soldier receives Purple Heart

1st Lt. Tony Formica,
1-5th Public Affairs

Spc. Richard L. Rupe claims that June 24, 2011, "... started out just like any other day in Afghanistan." Rupe was assigned to Charger Company, 1st Battalion, 5th Infantry Regiment, and spent the first half of the deployment as a Valon operator—a Soldier charged with sweeping areas with a metal-detector-style device for land mines and improvised explosive devices (IEDs). It's a task that few Soldiers will readily admit to wanting, but in hindsight Rupe says he was proud to have performed.

The reason for his pride became evident that June day as Rupe's platoon was conducting a clearance operation in eastern Panjwa'i District of Kandahar Province. Rupe was caught in the explosion of an IED in the process of clearing a route for the rest of his squad. The blast left him dazed and confused, and it took him several minutes to realize that he had been injured by the detonation.

"I took my eye protection off to wipe the dust off of them...and blood began to drip off my face onto the ground...on my gloves." Rupe said.

Rupe had sustained a shrapnel wound to his face. While most Soldiers would have taken a head wound as sufficient reason to take a knee, Rupe, however, remained dedicated to his mission of keeping his comrades safe and volunteered to keep sweeping additional buildings for IEDs so the Bobcat Soldiers could establish a safer location for Rupe to be treated by the medic, Spc. Paul Easterday. Easterday quickly administered first aid to remove as much debris as he could from Rupe's face while simultaneously administering antibiotics.

The Army recognizes Soldiers such as Rupe with the Purple Heart, an award established by Gen. George Washington in 1782 to distinguish Soldiers wounded in action against an armed enemy of the United States. It is the oldest award in the military services and among a select few that most Soldiers, including Rupe prior to his injury, do not aspire to earn.

In cases of severe injury where Soldiers are medically evacuated to a hospital in-theater and likely to be moved back to the United States, the Army prepares Purple Hearts and the accompanying paperwork quickly and presents them within hours of a Soldier's injury. Rupe's injury, however, was quickly treated on the spot and the young specialist was back in action a few days later. As a result, his paperwork took much longer to process—so long, in fact, that it was not until July 20 that Spc. Rupe received his long-overdue award during a ceremony held outside the "Charger" Company headquarters building at Fort Wainwright.



Spc. Richard L. Rupe renders a salute to Lt. Col. Jason A. Wesbrock, commander of the 1st Battalion, 5th Infantry Regiment, after receiving the Purple Heart Medal during a ceremony at Fort Wainwright, July 20. Rupe received the Purple Heart for being wounded in Southern Afghanistan while on a route clearance operation during the brigade's recent deployment. (Photo by 1st Lt. Anthony Formica/1st Battalion, 5th Infantry Regiment PAO)

The commander of 1-5th, Lt. Col. Jason A. Wesbrock, presented Rupe's Purple Heart.

"Honoring Soldiers who have been wounded while serving our country is one of the great privileges of being a battalion commander," Wesbrock said.

For his part, Rupe says that he never wanted a Purple Heart. Earlier in the deployment, he watched as one of his comrades, Spc. Brian Pomerville, was severely wounded in an IED blast while similarly operating the Valon, eventually requiring a double-amputation of his legs.

"That really shook me up," Rupe recalls. "I was thinking of Pomerville every time I went out to do a sweep from that moment onward."

But for all his misgiving about getting a Purple Heart, now that he has one, Rupe says that he is proud to have been wounded for his country.

"This award is going to help me reflect on what I've done with my life years down the road. It's something I'll always be proud of, something I'll be able to show my kids and use to tell them about my experiences. It's an example of how you can keep fighting, no matter what."

Small arms range dedicated to Medal of Honor recipient

Maj. Joel Anderson,
U.S. Army Alaska PAO

Maj. Gen. Michael X. Garrett, commanding general, United States Army Alaska, will re-dedicate the Fort Wainwright Small Arms Range Complex in honor of Medal of Honor recipient, 2nd Lieutenant Donald E. Rudolph, Aug. 21 at 4 p.m.

Rudolph, a native of South Haven, Minn., entered service in the Army in Minneapolis and was assigned to the Sixth Infantry Division.

He was awarded the MOH, our nation's highest honor, by President Harry S. Truman Sept. 10, 1945, at the White House for his actions during the Philippines' Campaign,

during the Second World War.

Rudolph fought in World War II with the 20th Infantry Regiment, Sixth Infantry Division. Sixth Infantry Division was formerly headquartered at Fort Wainwright and the range complex was originally dedicated to Rudolph in a ceremony he attended in 1995, the 50th Anniversary of his MOH citation.

Rudolph passed away in 2006 at his home in Grand Rapids, Minn. and he is buried in the Minnesota National Veterans' Cemetery, Fort Snelling, Minn.

All members of the Fort Wainwright community are welcome to attend the Aug. 21 re-dedication event.



2nd Lt. Donald E. Rudolph, Medal of Honor recipient

Get ready for hunting season

Shawn Osborn and Elizabeth Cook,
Natural Resources Department

With September swiftly approaching, Alaskans across the Interior are preparing for hunting season. This fall there will be hundreds of hunters from the Army community looking for moose on and off Fort Wainwright lands. A total of 1,520 drawing permits alone have been issued to the public for hunting units on Fort Wainwright lands for this season. This means the chance of encountering other hunters, or at least using the same hunting area as others, is fairly high, raising issues of hunting etiquette, ethics and practice. These can be sensitive subjects among hunters and non-hunters, many people having strong opinions. To help with this, it is vital that the Alaska Department of Fish and Game 2012-2013 Alaska Hunting Regulations be studied closely. Studying the regulations can also help new or experienced hunters improve their skills, understand changes to state regulations and avoid common etiquette pitfalls.

Some common violations are noted in the hunting regulation. Included in these is wasting salvable

See HUNTING on page 5

WEEKEND WEATHER



Friday

Mostly cloudy
Highs near 70
Lows: upper 40s
to low 50s
Light west winds



Saturday

Mostly cloudy
Highs around 70
Lows around 50
Southeast winds
to 10 mph



Sunday

Mostly cloudy
Highs around 70
Lows around 50
Chance of rain
in evening

BRIEF

Saturday – Time to buy, sell or trade

The monthly post-wide yard sale takes place 8 a.m. to 4 p.m. Army Families will sell from their homes, individuals may also pay \$10 at the self-pay drop site to sell from the Lemon Lot at the corner of Neely and Meridian roads.

A Non-appropriated Fund Sale is 10 a.m. to 1 p.m. at the NAF warehouse, Building 3020. Note: Saturday's sale is open to the public. Friday's NAF Sale from 5 to 8 p.m. is limited to DoD ID cardholders. Call 353-6725.

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Medical Department Activity - Alaska

For better benefit access check and maintain information updates

Have you moved, changed your phone number or experienced a life event recently? If so, it is extremely important to update your information in the Defense Enrollment Eligibility Reporting System. DEERS is a worldwide, computerized database of uniformed services members (sponsors), their Family members, and others who are eligible for military benefits, including Tricare and health benefits. Proper

registration in DEERS is key to receiving timely and effective Tricare benefits and medical services through military treatment facilities. Network providers and pharmacies verify Tricare eligibility in DEERS before rendering services or filling prescriptions. DEERS simplifies the health care coverage process, but it also requires critical input from beneficiaries. It is the sponsor's responsibility to ensure

that Family members are registered correctly in DEERS and that contact information is kept current at all times. Be sure to verify your address and other health insurance information each time you visit your provider. If it's wrong, you will need to update it in DEERS. Unfortunately, any updates you make through your provider will not be reflected in DEERS. In fact, the DEERS system overrides the local system every evening, causing all

locally updated data to be deleted. Many life events trigger a change in your or your Family's status and require you to update DEERS, such as:

- Permanent Change of Duty Station
- Changes in status from active duty to retired
- Changes to marital status
- Birth or adoption of a child
- Student status for chil-

dren age 21 and over. To add or delete Family members, visit the local ID card-issuing office located in the Welcome Center, Bldg. 3401. To update contact information, call (800) 538-9552 or visit one of the following websites: milConnect: <http://mil-connect.dmdc.mil/> DEERS: <http://tricare.mil/mybenefit/home/overview/Eligibility/DEERS>



Col. Dennis LeMaster MEDDAC-AK commander

Remember, we are here and ready to assist if you have any questions. We are committed to ensuring the health of the entire community, so do not hesitate to call or come by if you need us.

The risk of consuming too much alcohol

Cheryl Adamson, Employee Assistance Program

The Soldiers Against Drunk Driving program is an exceptional program for Soldiers. The purpose of the SADD program is to prevent Soldiers from getting a Driving-Under-the-Influence citation, or even worse have an accident after they've been drinking. Soldiers can call 353-6610 between 11:30 p.m. and 3:30 a.m. on Friday and Saturday and all training holidays to get a free ride home if they've been drinking..

All Soldiers should have the SADD telephone number in their cell phone. BOSS participants and SADD leaders are aware that some Soldiers don't want to leave their cars at the bar and are reluctant to call for a ride for this reason. If you anticipate using the SADD Program to get home consider taking a taxi to where you're going. Also be patient with the volunteers. They may be making stops at several locations picking up Soldiers and it could take a while to get to you. A wise decision would be to not consume any more alcohol after you've made the call for a ride and while you're waiting to be picked up.

SADD always needs volunteers. To volunteer or get more information call (707) 285-7233. Volunteers wear civilian attire and go out in pairs to pick up the Soldiers using a SADD van. Soldiers are taken home whether it is on Fort Wainwright or off post. Volunteers get passes at varying amounts of volunteer hours, and after 150 hours they get an award worth 10 points toward promotion. However, the most important reward is the pride in knowing Soldiers always look out for one another.

Another option is to use a designated driver for the evening. The DD cannot consume any alcohol and is responsible for getting the Soldiers he came with home safely.

I've heard from Soldiers that if you're at a bar or a party and you choose not to consume any alcohol, especially if you're okay with that choice or having a good time without drinking, people are attracted to you. You become like a people magnet. Several bars in the Fairbanks community provide wrist bands to the DDs, which allows them to have free non-alcoholic beverages for the evening. If you're the DD, check with the bartender to see if they participate in the wrist-band opportunity.

And now I want to interject a caution for when you go to the bars or parties and drink, even if you have a plan for the end of the evening so you won't be driving. We're finding that some Soldiers give themselves permission to consume greater amounts of alcohol since they don't have to worry about the getting home part. This is dangerous for a couple of reasons.

True, you won't get a DUI. But if you drink so much alcohol that you're making bad choices you could create other problems for yourself. Consider domestic violence, assault, rape, sexually-transmitted disease and alcohol-related weapons incidents. You already know the effects any of these can have on your career with the Army and perhaps the rest of your life.

Is it possible to drink responsibly? A good measure for responsible drinking is no more than one drink an hour, no more than two drinks daily and never more than three drinks on any day. A standard drink is 12 ounces of beer, five ounces of wine or



The wrecked vehicle parked in the center of the traffic circle at the main gate has been there all summer, a kind of fixture, perhaps too easy to ignore. Army Substance Abuse Program officials know the cost of impaired driving and hope to share their knowledge before it's too late. Make a plan before drinking, have a designated driver and if the plan falls through, call Soldiers Against Drunk Driving, SADD at 353-6610. The SADD program welcomes volunteer drivers. (Photo by Connie Storch/Fort Wainwright PAO)

one ounce of liquor. To have a visual of these amounts look at the yellow or red plastic cup (the kind popularized in a country song). The ridge at the bottom of the cup measures one ounce, the next ridge up measures five ounces and the ridge at the top measures 12 ounces.

Also consider that we all come with a genetic "marker" for the disease of alcoholism. For some of us it's high, some low and others somewhere in between. If we consume a lot of alcohol, or consume it often, we risk developing the disease of alcoholism. Since we don't have x-ray vision we can't see where our markers are and the only hint we may have is to look at our family members. Do we have a father, mother, grandparent, aunt or uncle who has an alcohol or drug addiction? If so, there's a good chance our marker is at the lower end which means we are at a greater risk. But even if we have no one in the family with a drug or alcohol addiction we still have a marker. Everyone does. And if we consume large amounts of alcohol or consume it often enough we risk coming closer to our genetic marker. Once our consumption reaches our marker we can develop the disease of alcoholism. You'd be stunned at the number of people under age 30 attending Alcoholics Anonymous, meetings or counseling for alcohol addiction. Practically

no one who drinks today can imagine himself or herself becoming an alcoholic; and most who attend AA meetings would tell you the same. Don't let your actions today fill you with regrets for the rest of your life.

Average cost 1st DUI: \$22,000

- 1st Offense: \$2500
- Sentencing \$250+
- 3 Days in Jail \$270
- Court Fees \$1500
- Impoundment Fee \$1500
- Education Compliance \$150
- License Reinstate \$250
- Interlock Device 12 months \$1700

- Hired Attorney \$\$\$
- Change of Plea \$5k+ / Court Proceedings \$3500+
- DMV Admin Hearing \$850
- Attorney Appointed \$200
- Change of Plea \$200 / Court Proceedings \$500

- SR 22 Insurance: \$2,000 per yr for 5 Years \$10,000

Additional \$\$\$

- Written test - Embarrassment -Taxi/Bus /Friends
- Loss of driving 90 days - Loss of Rank
- Future Jobs Black Mark - Forfeiture of Property
- Forfeiture of Pay - 10 points off driving record

DUI STAYS ON RECORD FOR FOREVER

ALTERNATIVES

- Average cost of an alternate ride: \$15
- Designated Driver: Free
- Taxicab (per mile): \$2 to \$3.50
- SADD-provided ride (353-6610): Free (Soldiers Against Drunk Driving)

How Do You Spell Stupid?.... D U I

Provided by your Fort Wainwright ASAP, Army Substance Abuse Program

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353-6610
Have a Plan, Call Someone.

ALASKA POST
Home of the Arctic Warriors

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The ALASKA POST – Home of the Arctic Warriors

The problem with energy drinks

Cindy Henley,
Bassett Army Community Hospital
Public Health Nurse

Most people have heard reports about the possible dangers associated with energy drinks. It would seem that, based on those reports, the sales figures for energy drinks would be dropping but that has not been the case. Studies have reported high use among adolescents and college students, and a 2008 study revealed that 61 percent of military respondents used energy drinks. Another study in 2010 showed that energy supplements were the most common supplement type used among a large military group. So why do people continue to buy and drink these products? Is it because Americans don't believe the scientific reports that say energy drinks can lead to headache, anxiety, confusion, seizures, heart palpitations, elevated blood pressure? Or maybe Americans just don't think it will happen to them.

A main concern to the safety of energy drinks is the ingredients used in their production. In many cases, all of the ingredients aren't even listed on the product. This means the consumers don't know what they are ingesting.

Often, even if the ingredients are listed, it's impossible to know what they actually are. For example, it is doubtful the average person knows what Glucuronolactone is and what its effect could be on the body.

Additionally, the amount of stimulants is not always listed on the label, and even when the information is listed, it is hard for consumers to interpret because they are unfamiliar with these ingredients, said Cynthia Sass, a board-certified specialist in sports dietetics.

One ingredient that can be found in energy drinks is caffeine. Caffeine is also found in coffee, tea, soft drinks and even chocolate bars. Caffeine-containing foods or beverages are consumed regularly by approximately 90 percent of the U.S. population, including children. However, an average eight-ounce cup of coffee contains about 100 milligrams of caffeine while some energy shots contain as much as 505 mg per can or bottle.

The Food and Drug Administration has set the maximum allowable caffeine limit for cola-type beverages at 0.02 percent per 12-ounce serving

which translates to 71 mg. But since most energy drinks are considered to be dietary supplements rather than food products and are definitely not cola-type beverages, the manufacturers have no reason to adhere to the FDA's limit. Also, energy drinks contain herbal sources of caffeine that are usually recognized as caffeine. Guarana, yerba mate, kola nut and green tea extract are all examples of herbal sources of caffeine. And in the case of caffeine, more is not better. Caffeine overdose can result in jitters, anxiety, heart palpitations, nausea and cardiac arrest.

Another issue with energy drinks is associated with alcohol. It has become popular to mix drinks containing energy shots and alcohol with potentially dangerous results. The ingestion of the energy drink reduces a person's subjective perception of drunkenness yet the lack of judgment and impaired reaction time remain affected by the alcohol. In other words, when alcohol and energy drinks are mixed together, a person doesn't "feel drunk" but may still make bad choices and have a slowed reaction time.

There is also a false perception among young people that because energy drinks are "stimulants" and alcohol is a "depressant," one will counteract the other. Being able to accurately perceive your level of intoxication is a protective factor. There is a higher prevalence of serious alcohol-related consequences such as being taken advantage of sexually, taking advantage of someone else sexually, driving drunk or riding with a drunken driver among those who have combined energy drinks with alcohol.

Wanting to feel alert and ready for whatever the day may bring is a good thing. However, experts agree that the way to achieve this is not with energy drinks. After consuming an energy drink, one may get the spike in energy initially, but as the old saying goes, "what goes up, must come down." Eventually, fatigue will set in.

The best way to stay energetic and alert is by improving lifestyle choices. Eat small, frequent meals with plenty of carbohydrates such as fruits and vegetables. Drink plenty of water, or even fruit juices and sports drinks. Keep up a healthy exercise regimen and get enough sleep at night. All of these things will help us stay alert while keeping our bodies healthy and strong for years to come.



Quench your thirst. The best way to stay energetic and alert is by improving lifestyle choices. Eat small, frequent meals with plenty of carbohydrates such as fruits and vegetables. Drink plenty of water, or even fruit juices and sports drinks. (File photo)

CAPE: A resource for Army professionals

As Soldiers we are all part of the profession of arms.

Those aren't just words. Our Army values of loyalty, duty, respect, selfless service, honor, integrity and personal courage are at the core of what makes us professionals.

Without those values leadership breaks down, along with the trust and respect of the American public we serve.

Since becoming U.S. Army Alaska's Command Sergeant Major, I've been deeply impressed by our Soldiers' hard work, dedication and professionalism. The vast majority of you are doing the right thing and living the Army values every day.

I call on leaders at all levels to help change the mindset of the few who violate the rights and dignity of their comrades.

The Army's top leaders have set a goal to eliminate – eliminate, not just reduce - hazing, sexual harassment and sexual assault from our ranks by taking these steps:

- Raising awareness of the corrosive effects of these acts.
- Training and educating efforts to increase understanding of the Army's professional ethos and the core moral beliefs that comprise it.
- Continuing ongoing efforts to enhance the Army Leader Development Program including emphasis on counseling, coaching and mentoring.
- Renewing our commitment to improving standards and discipline.

It's going to take involved leadership to put a stop to hazing, sexual harassment and sexual assault.

Leaders, talk to your Soldiers about these issues. Ask them if they feel free from such acts on duty and in their barracks. Do they know where to turn if such incidents happen? Do they understand the difference between hazing and corrective training?

The Army has an outstanding re-



source to give leaders the knowledge they need to take on these problems and train and educate their Soldiers: CAPE, The Center for the Army Profession and Ethics website: <http://cape.army.mil/index.html>

There you'll find interactive training scenarios that deal with hazing, sexual harassment and sexual assault both in deployed and garrison environments, as well as written and video training scenarios based on real case studies.


The past decade of war has sharpened our tactical and technical skills in many ways, but as an unintended consequence of that focus, we may have lost touch with some of the basics of leadership like coaching, teaching, counseling and mentoring.

It is crucial that we sharpen those skills and put them into action. Our Soldiers depend on it.

Arctic Warriors!

Bernard L. Knight
U.S. Army Alaska
Command Sergeant Major

40399213
NATIONAL VISION ASSOC
FF AK POST/FREE 2ND
3 x 10.5



Women's Equality Day

Celebrating Women's Right to Vote

The installation's Women's Equality Day observance takes place Aug. 24 at 1:30 p.m. in the Physical Fitness Center. For more information, call the Equal Opportunity Office at 353-9234.

Women's March for Equality August 26th, 1970

Leadership course mobilizes, makes camp at Fort Wainwright



Sgt. Robert Taylor, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, was selected as distinguished Leadership Award recipient, gives his military history briefing to a class of his peers during the Warrior Leader Course. The WLC staff and cadre mobilized to Fort Wainwright to train the Army’s future leaders this summer rather than uproot so many Soldiers who’ve recently returned from Operation Enduring Freedom in Afghanistan. The WLC is based at Joint Base Elmendorf-Richardson. (Photo by Staff Sgt. Trish McMurphy/U.S. Army Alaska PAO).

Staff Sgt. Trish McMurphy,
USARAK Public Affairs

The Warrior Leader Course is a military leadership course required for advancement in the enlisted ranks, which in U.S. Army Alaska is normally taught at Joint Base Elmendorf-Richardson in Anchorage for Soldiers based in Alaska.

Soldiers stationed in areas other than Anchorage normally must leave their friends and Family behind for four weeks to attend the course.

Luckily for the Soldiers here at Fort Wainwright who recently returned from a one-year deployment to Afghanistan in support of Operation Freedom, who have already spent a year spent away from friends, Family and the comforts of home, the Christopher R. Brevard NCO Academy packed up and came to them.

“The decision was made to bring it here for three classes to hopefully knock out the majority of the Soldiers who needed WLC, so they don’t have to leave their Families,” said Staff Sgt. Steven Stark, a small-group instructor with the academy.

Stark, who’s only been with the academy for seven months, said he doesn’t mind the temporary move and has been enjoying the warmer weather Fairbanks has to offer.

“I love the job,” Stark said. “It’s very rewarding.”

Bringing the course to Fort Wainwright has not only been a rewarding experience for the staff and cadre of the academy, but for the Soldiers attending the course as well.

Although moving an entire course for three classes more than 350 miles would appear to pose extreme challenges, Sgt. 1st Class Jason Gaudette the WLC quality assurance officer for student operations said, “Talking with most of our chain-of-command, we have no serious or negative issues to report concerning the move up here.”

The ability of the NCO Academy to respond flexibly for the needs of Soldiers based at Wainwright has truly been unprecedented.

“It has meant a lot to me,” said Christian Mancheno, a Stryker mechanic with 25th Brigade Support Battalion, Forward Maintenance

Company.

“I get to spend a lot more time with my Family and it allowed me to continue with my college education,” said Mancheno. “By being here, right next to home, it allowed me to continue with my academic and Family responsibilities.”

The course itself also had its rewards according to Mancheno.

“There were a lot of things I didn’t know and hadn’t used before in my Army career,” said Mancheno. “The instructors were very knowledgeable in everything they talked about and they were able to answer and give references for questions I had.”

“I liked the interaction with the instructors. They’re highly motivated, driven people,” said Mancheno.

Mancheno’s advice to future WLC students is that they take the course seriously and give 100 per cent of at all times.

Mancheno is but one of the more than 380 Soldiers who have been waiting for WLC. These Soldiers almost unanimously said they were happy the course came to them and made life after deployment a little less stressful.

Preparing young children for a great school year



Photo illustration by Brian Schlumbohm/ Fort Wainwright PAO

Staff report, Fort Wainwright PAO

The new school year starts Monday. Many of you are busy preparing for your kids to return to their classrooms. You have bought supplies, new clothes, new shoes, new coats and boots and mittens. You have stocked up on lunch items and after-school snacks. You have after-school child care in place. Vaccinations are current.

That’s the expensive part. There are a number of other things you can do that won’t cost too much

and will help your children be at their level best during the day.

Get the bus schedule and make a plan that will ensure your child will not have to hurry to the bus stop. Allow enough time for any street crossings or other delays such as icy sidewalks. Stick to that schedule starting at day one and there should be no missed buses.

Set a bedtime and enforce it. Your child should get

See SCHOOL on page 6

If you see something, say something - August is Anti-Terrorism Month



Trish Muntean,
Fort Wainwright, PAO

Antiterrorism awareness is critical to Soldiers and their Families both on and off duty because the threat of a terrorist attack is real, not just as we approach the 11th anniversary of the 9/11 attacks, but all year around.

Dan Gilson, Directorate of Plans, Training, Mobilization and Security garrison anti-terrorism officer, reminds the Fort Wainwright community that August is Anti-Terrorism Month and by being vigilant, you can prevent becoming a victim.

But Solders, Family members and civilians can’t fight terrorism themselves. Leaders play an important part in the fight against terrorism, he said.

They can do this by making training materials available to the Soldiers and civilians who work for them and by ensuring they complete required annual anti-terrorism training.

August is a good time for commanders to review and brief Soldiers on a program called iWATCH, which has frequently been billed as the 21st century version of the neighborhood watch program.

The program was adopted by the Army years ago and quickly endorsed by police chiefs from some of the largest cities around the country.

“If you see something, say something,” Gilson said. An anonymous reporting system is available by calling 353-8477. As always, if you see a crime in progress, call police dispatch at 353-7535. If it is an emergency, call 911.

“I think in this time, in this day and age, where there are people out there that mean us harm, it requires all of us to be part of this anti-terrorism effort and keep our vigilance and our focus up,” said top Army anti-terrorism official Maj. Gen. David Quantock, provost marshal general of the Army, in an article by William Garbe, Army News Service.

Speaking up about suspicious activity is always the first-line defense against terrorism, said Quantock.

The consequences of not being vigilant could include a compromise of national security or military and civilian deaths or injuries.

In an effort to protect the Army community and those who work and live on it the Army has integrated an anti-terrorism review to ensure contracts do not violate operational security, he said.

Quantock also said measures must be taken to ensure contractors have been properly vetted and trained before being brought into the Army community.

“We have many folks working around (and) on our installations, supporting our installations,” Quantock said. “We’ve got to make sure that they’re actually trying to help us and not trying to hurt us.”

The general said the military training and culture of getting involved and taking action goes hand in hand with antiterrorism.

Soldiers, he said, take pride in doing what is right.

“All I would say is if you see something, say something,” Quantock said. “Get involved. Don’t be a bystander. Make a difference out there for your community, make a difference out there for your Army, and make a difference for your nation. By doing that, you may save someone’s life someday.”

If you would like further training or need materials about this subject, contact Gilson at 353-6094.

Available to GCI Cable subscribers on post



WELCOME
To the Fort Wainwright
Command Channel
To Submit information and ideas
to the Command Channel.
Call: 353-6779
or
E-mail: brian.w.schlumbohm@us.army.mil

Watch for
Current Facility
Information
and Special
Community Events

Also find it online at
www.wainwright.army.mil
under the Command Channel 5 link.

Hunting: Know the rules and be prepared this fall

Continued from page 1

meat—also known as wanton waste. Be sure to understand salvage rules and to dispose of any gut piles or other unwanted parts in a respectful manner. Leaving animal parts on public roads, right-of-ways, or even at water’s edge is also a problem. Leaving a mess only helps to give hunters a bad image, and can be illegal. When hunting in a multi-cultural state such as Alaska, it is also good to remember that everyone’s hunting practice may not be the same. One culture’s dinner might wind up in another culture’s gut pile. Whatever you discard, think about other options. If properly handled, meat and organs that you might not eat can be donated to agencies that will use them to feed the needy or at special cultural events. To donate unwanted meat or organ meat to local Native groups contact Native Liaison Elizabeth Cook at 361-6323 to assist with the transaction and acquire a transfer of possession form. Fort Wainwright Garrison partner tribal governments appreciate the Army community’s support in conserving and respecting our communal subsistence resources.

When preparing for the hunt, some simple logic and self-assessment can prevent many mistakes—and regulation violations. Most of these questions can be answered by carefully reading the ADF&G hunting regulations. Follow the who, what, where, when and how rule when planning your hunt. Who is going on the hunt? Different rules apply to residents, non-residents,

youth or disabled persons. What are you going to hunt? There are many species in Alaska to hunt and special restrictions may apply depending on what game management unit you are hunting in. Where do you want to hunt? It is important to know which unit or sub-unit you will hunt within and who owns the land within each unit. State, federal, and private land such as Native Corporation lands may all be in one unit and the restrictions for public access, needs for permit, and other details may be different. When do you plan to hunt? Be prepared for whatever nature throws at you. Fall weather can be unpredictable in Alaska’s Interior and poor preparation for weather or other conditions is not an excuse for regulation violation. Are there any weapon or transportation restrictions you need to follow? Access rules to different hunting areas may apply. For example, there are areas where motorized vehicles are prohibited.

There are multiple sources of information on hunting in interior Alaska. Visit the Fort Wainwright conservation website at www.usarak.army.mil/conservation/REC_FWA.htm. This site will give information about hunting restrictions on Army Land and links to many other sites with information about Federal, State, and private land ownership. Be sure to read the hunting circular published with the Fairbanks Daily News-miner for maps of Alaska Native Corporation and other private lands to avoid.

Stay safe and enjoy your hunting experience.



With more than 1,500 permits issued to hunters this year, there are bound to be questions about rules and regulations. Alaska’s Department of Fish and Game is one resource. The ADFG website states: Only bull moose have antlers. The largest moose antlers in North America come from Alaska, the Yukon Territory, and the Northwest Territories of Canada. Trophy class bulls are found throughout Alaska, but the largest come from the western portion of the state. Moose occasionally produce trophy-size antlers when they are 6 or 7 years old, with the largest antlers grown at approximately 10 to 12 years of age. In the wild, moose rarely live more than 16 years. (File photo by Linda Douglass/Fort Wainwright PAO)

Army archaeologists teach students value of preserving history, resources

Brian Schlumbohm, Fort Wainwright PAO

A few miles west of Fort Greely lies the military training grounds of Donnelly Training Area. The large expanse of land is owned by the Bureau of Land Management but is on lease to the military as a training ground for keeping its Soldiers mission-ready.

When not in use for troop movements and exercises, much of the area is accessible to Recreational Access Permit cardholders to enjoy fishing, hunting, hiking, camping and other outdoor activities.

The Fort Wainwright Environmental Division office personnel have found that in the distant past, early Alaskan humans found this particular area appealing for many of these same reasons. In fact, according to archaeological surveys the DTA has been active with human habitation for nearly 10,000 years.

Whether these inhabitants lived there for long periods of time, used it as seasonal foraging grounds or were just passing through is still unknown; but work being done by Fort Wainwright archaeologists may provide important information and clues to who they were and their way of life.

Julie Esdale, an archaeologist with the Center for Environmental Management of Military Lands, works with the Environmental Division office to ensure all military lands within Fort Wainwright’s control are properly managed and protected.

One of the many areas of land management her office deals with is that of cultural resources in the form of archaeological sites. Surveys and reports are continually being added and updated to a broad wealth of information her office keeps.

This year brought an educational opportunity and community outreach to the job as the Fort Wainwright Cul-

tural Resources and CEMML joined the University of Alaska Museum of the North in hosting the Alaska Summer Research Academy’s archaeological class site. The ASRA is an intensive two-week educational program, facilitated by the University of Alaska Fairbanks and promotes education in project specific modules where students get to take part in real scientific practices and studies with real scientists and researchers.

“This is the first time there has been a prehistoric archaeology module,” Esdale said, speaking of this year’s activ-

ities, identification of soils, rocks and artifacts, and a broad range of scientific methods to categorize and record their findings.

The excavation site had been determined previously by use of a “shovel test.” Heather Hardy, an archaeologist with the Center for Environmental Management of Military Lands, described the process as creating a “grid-work” of test holes spaced out evenly over an area which had been determined likely to have been inhabited by early humans. Holes are plotted on a map, dug by hand with a shovel

cutting and scraping tools, arrowheads and spears.

The actual dig site was chosen judging by the concentrations of artifacts or flakes found within the shovel-test map.

“We want to disturb the site as little as possible while getting the most information out of it,” Hardy said. Shovel tests allow for that by sampling from a large area and then zeroing in on the area with the highest number of findings to look at more closely.

As the students and scientists work slowly, excavating down through the

soil within their plot areas, they take all pieces and artifacts, map and catalog them, placing them each in small plastic bags. The items and information about them will be taken back to UAF for further analysis. Students will then map their findings’ positions into a program and all other information collected into a database.

Chris Houlette, museum curator for the Gates of the Arctic National Park and Preserve, Yukon-Charley Rivers National Preserve, Fairbanks Administrative Center, was one of the on-site scientists providing help to the students with their excavating techniques and in identifying artifacts. “I really enjoy working with the students, especially in such a free-form, hands-on and non-

traditional fashion,” Houlette said. “Certainly not all of them leave after two weeks wanting to be archaeologists, but I sincerely feel that they do leave with a greater understanding for - and appreciation of- cultural resources, the intricacies of human history, and the difficulties and importance of preserving our collective heritage.”

The information this project collected may be made available to other scientists who could find use for it in cross-referencing stone types, locations and artifacts for their own studies someday.



Heather Hardy, an archaeologist with the Center for Environmental Management of Military Lands on Fort Wainwright, shows the shovel test map used in determining where the excavation site on the process as creating a “grid-work” of test holes. (Photo by Brian Schlumbohm/Fort Wainwright PAO)

ity at the site known as the Big Lake Overlook near the Delta River on the DTA.

The archaeology module consisted of six student participants in the ASRA program and six scientists from Fort Wainwright Environmental, CEMML, National Park Services and UA Museum, all spending a week at the archaeological dig, camping in the outdoors near the excavation site.

While there, the students joined in the dig as the scientists provided hands-on experience in archaeological excavation techniques, mapping pro-

cesses, identification of soils, rocks and artifacts, and a broad range of scientific methods to categorize and record their findings.

Though they look for any evidence, mostly what are found are discarded remains of stone tool-making called “flakes.” These flakes are small pieces of discarded rock chips made from the human activity of chipping away at larger stones, usually volcanic.

The type of volcanic rock called obsidian was widely used because of its properties of breaking off into very sharp-edged pieces useful in making

Friday – 17th

ROCK CLIMBING, 9 a.m., Outdoor Recreation Center, Bldg 4050. Cost is \$10. Call 361-6349

DALL RIVER 3-DAY PIKE HUNT, 8 a.m., Outdoor Recreation Center, Bldg 4050. Cost is \$200. Call 361-6349

WILD EDIBLES STORY HOUR & CRAFTS, 4 to 5 p.m., Post Library, Bldg. 3700. Call 353-4137.

NAF SALE, 5 – 8 p.m., Warehouse, Bldg 3020. DoD Cardholders ONLY! Must have ID to get in. Call 361-7258.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Bldg. 3702. Call 353-2654.

Saturday – 18th

ARCTIC WOLVES LAST BLAST, 11:30 a.m., on-site registration at the Last Frontier Community Activity Center, Building 1044 Apple Street. The motorcycle ride is for all military, their Families and members of the public. Call 353-6043.

POST WIDE YARD SALE, 8 a.m. to 4 p.m. in housing and at the vehicle resale lemon lot. Members of the public needn’t stop by the visitors’ center for a pass but should be prepared to show ID, vehicle registration and insurance.

WINTER CLOTHING GIVEAWAY
Winter Clothing Giveaway, 10 a.m. to 2 p.m., Southern Lights Chapel, Building 4107 Neely Road. Donations will be accepted up to the start of the event. For more information, call 361-4463.

NAF SALE, 10 a.m. - 2 p.m., Warehouse, Bldg 3020. Open to the Public. Call 361-7258.

LADIES SKEET SHOOT, noon – 5 p.m., Fischer Skeet Range, Bldg 1172. Call 353-7869.

ZUMBA FITNESS CLASS, 1 p.m., Physical Fitness Center, Bldg. 3709. Cost is \$7. Call 353-7294.

CHESS CLUB, 3 – 5 p.m., Last Frontier Community Activity Center, Bldg. 1044. Call 353-7755.

PARENT’S DATE NIGHT, 4 - 8 p.m., CDC I, Bldg. 4024. Register by Aug 10th. \$24 per child. Call 353-7713.

HORSESHOE TOURNAMENT, 6 p.m., The Warrior Zone, Bldg. 3205. Open to all DoD Cardholder 18 and over. Call 353-1087.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, Bldg. 3702. Call 353-2654.

Sunday – 19th

WORSHIP SERVICES at 11 a.m. at the three post chapels as follows: Catholic mass at Southern Lights Chapel; Gospel worship at Bassett Army Community Hospital and a Protestant service takes place at Northern Lights Chapel.

RELIGIOUS EDUCATION, 9:30 a.m. Catholic Sunday school at Southern Lights Chapel; 9:45 a.m. Gospel Sunday School at Bassett Army Community Hospital chapel and at 10 a.m. Protestant Sunday school takes place at the Northern Lights Chapel.

Monday – 20th

ROMP AND STOMP PLAYGROUP: GREAT OUT-DOORS, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, Bldg. 1044. Call 353-7372.

GROUP CYCLING CLASS, noon, Physical Fitness Center, Bldg. 3709. Call 353-7223.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Bldg. 3709. Cost is \$7. Call 353-7294.

Tuesday – 21st

FAMILY READINESS GROUP TRAINING, 9:30 - 11:30 a.m., Post Library, Bldg 3700. Call 353-4227.

HOOR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Bldg. 3709. Call 353-7223.

Wednesday – 22nd

NEWCOMERS ORIENTATION, 9 a.m. to 3:30 p.m., Last Frontier Community Activity Center, Bldg. 1044. Call 353-4227.

FAMILY READINESS GROUP TRAINING, 9:30 - 11:30 a.m., Post Library, Bldg 3700. Call 353-4227.

GROUP CYCLING CLASS, noon, Physical Fitness Center, Bldg. 3709. Call 353-7223.

BOOT CAMP, 5 p.m., Physical Fitness Center, Bldg. 3709. Call 353-7223.

Thursday – 23rd

VOLUNTEER ORIENTATIONS/VMIS TRAINING, 8:30 – 10 a.m.; 10 – 11:30 a.m.; 1 – 2:30 p.m.; 2:30 – 4 p.m., Army Community Services, Bldg 3401. Call 353-2382.

ROMP AND STOMP PLAYGROUP: GREAT OUT-DOORS, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, Bldg. 1044. Call 353-7372

HOOR OF POWER GROUP STRENGTH CLASS, noon, Physical Fitness Center, Bldg. 3709. Call 353-7223.

RED HEAD-PIN BOWLING, All Day, Nugget Lanes Bowling Center, Bldg 3702. 353-2654.

BOUNCY HUT NIGHT, 5:30 to 7:30 p.m., Last Frontier Community Activity Center, Bldg. 1044. For 4 to 12-year-olds with parent.

HOME ALONE CLASS, 6 – 8 p.m., Youth Center, Bldg 4109. Call 353-7713.

ZUMBA FITNESS CLASS, 6 p.m., Physical Fitness Center, Bldg. 3709. Cost is \$7. Call 353-7294.

School:
Get kids started right

Continued from page 4

the amount of sleep that works for him. Sleep requirements vary by age, and some kids need more than others. If you’re not sure, try different bedtimes until your child is getting up easily and rested, and making it through the day with no difficulties.

You will need to get your child up with enough time to bathe, get dressed and eat breakfast before sending him off to school. Is your child a dawdler? Does she spend an hour getting dressed? Does he play with his food at breakfast? Allow for these individual traits to avoid the last-minute rush for the bus.

To keep the mornings rolling smoothly, set up a spot for your child’s belongings – backpack, books, lunch or lunch money, permission slips and anything else he may need – should all be kept in the same spot every day. That way you can simply put everything in the backpack and he can grab it on his way out the door.

Always send your child to school with a hearty healthy breakfast in his stomach and a nutritious lunch in his backpack. Give him healthy snacks after school to stave off hunger before dinner. For help, contact your primary care provider or call 361-4000 to schedule an appointment with a nutritionist.

Review safety rules with him and ensure he knows the importance of following them.

Give him time after school and on weekends to be a kid. Leisure activities, whether they be sports or indoor activities, are as important to his growth and well-being as homework. Stay attuned to your child. Notice his moods and listen to his comments. He will let you know if something is wrong.

Encourage him, praise him and empower him to do his very best. By following a few simple suggestions, you can give your child a good start to the school year, hopefully a start that will develop into a good habit. And that will make the whole year easier on the entire family.

For information on required school supplies, immunizations, lunch menus, bus routes, school calendar and more, visit www.k12northstar.org/.

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18398693
SAMARITAN COUNSEL-
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AKPOST/WE CAN HELP W
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16396100
KJNP RADIO
AK POST/VG FREE AK
2 x 4.0

13396094
SAMSON HARD-
WARE
AK POST/AK
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1 x 4.5

16399625
ELFS DEN, THE
AK POST/STV
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1 x 4.5

11396424
BABULA, DR.
AK POST/AK POST
2 x 3.0

13399577
FARTHEST
NORTH GIRL
SCOUT
AK POST/AK
POST-JOIN
1 x 4.0

Fort Wainwright
PAO website:
www.wainwright.mil

13397497
VIP CLEANERS
AK POST/STV
FREE D
1 x 3.0

13399632
GALLO’S MEXICAN RES-
TAURAN
AK POST/STV FREE AK
2 x 1.5

16399691
NORTH POLE CHAMBER
AK POST/VG FREE-AK P
2 x 1.5

KEEP YOUR BABY SAFE

Parents of newborns, or parents who are expecting a child, can register for Arctic Health Link’s new program, “Baby Safe: the First Six Months” scheduled for Aug. 24 from 2 to 4:30 p.m. Instructors will present information on infant CPR, comforting a crying baby, safe sleep environments, car seat safety and much more. Additional classes will be held as demand warrants. For more information, or to register, call Arctic Health Link at 361-4148.

ALASKAN ADVENTURES FOR LESS

Whether biking or kayaking in Denali National Park, rafting the Nenana River or relaxing on a Segway tour in town, check with the staff at Outdoor Recreation for discount ticket rates, save money. Call 361-6349.

OUTERWEAR SALE

Did you know outdoor recess isn’t cancelled in public schools until temperatures reach 20-below zero? The Thrift Store is offering discounts on outerwear during their Back-to-School sale from 8 a.m. to 3 p.m. Friday and Saturday. The Thrift Store is located on the corner of Building1031 at the corner of102nd and Chestnut in north post housing. For details

ENLISTED TO OFFICER

Active duty, Reserve, and National Guard Soldiers interested in becoming an
Army officer are invited to attend a briefing Aug. 27 at 9:30 a.m. at the Pvt. Joseph P. Martinez Combined Arms Collective Training Facility, Building 2296 Montgomery Road. Representatives from the United States Military Academy at West Point and the University of Alaska Fairbanks Army ROTC Battalion will explain each program’s qualification standards, admissions and scholarship processes, timelines and benefits. Sign up by email is encouraged but not required. For more information, email fairbanksarmyofficer@gmail.com.

DISCOUNT CONCERT TICKETS

Active duty military members can purchase 2-for-1 tickets for two upcoming concerts that are part of the Summer at UAF Series. Tickets are available at the ASYMA office, Building 1047. For more information, call 353-5962.

VACATION GIVEAWAY

The Great Getaways Vacation Sweepstakes continues through Aug. 31. Family and Morale, Welfare and Recreation patrons have an opportunity to win one of four all-inclusive “Great Getaways” vacation packages to one of four Armed Forces Recreation Centers: Dragon Hill Lodge & Resort, Hale Koa Hotel, Shades of Green and Edelweiss Lodge & Resort. For more information or to enter, visit www.AFRCresorts.com.

COLLEGE-BOUND OPPORTUNITIES

An information session for high school students and their parents will be offered by The U.S. Military Academy at West Point and the University of Alaska Fairbanks Army Reserve Officers’ Training Corps Battalion, Aug. 26 at 3 p.m. in the Multipurpose Room at Monroe Catholic High School at 615 Monroe Street, Fairbanks.

The briefing will cover the opportunities available to qualified candidates to further their education and become an Army Officer. Topics include qualification standards, the admissions and scholarship processes, and timelines.

An explanation of the programs differences and what a cadet would experience will be provided.

Students who have open admissions files will have the opportunity to conduct an interview with each representative. This is the only time this joint briefing will be conducted in the Fairbanks area.

Potential candidates should meet the following criteria: US citizen; unmarried; neither pregnant or with a legal obligation to care for a child; demonstrated strong leadership potential; physically fit; and strong academic performance.

Confirmation of attendance is appreciated but not required. For more information, or to RSVP, please email fairbanksarmyofficer@gmail.com

JOB TRAINING

Applications for the 2013 American Red Cross Dental Assistant Training program are available at the Fort Wainwright Red Cross office. Applicants must be 18 or older, a military spouse or authorized Family member to apply. Applicants should complete at least 20 hours of volunteer time with the American Red Cross or with any organization that uses the automated, Volunteer Management Information System. VMIS training is available at www.myarmyonesource.com. Packages are due by Sep. 28. Interviews will be scheduled for Oct. 17. Space is limited. Training begins immediately after New Year’s Day. For more information contact the American Red Cross at 1024 Apple Street, 353-7234.

OPEN BURNING PROHIBITED

Open burning is not permitted on Fort Wainwright property. Campfires, use of portable fire pits and outdoor fireplaces are prohibited in all areas including housing. For more information, call the fire safety inspector, Sarah Chapman at 353-9140.

SUCCESSFUL STUDENTS

Chart Your Course for Success in High School and Beyond Seminar for parents and their middle and high school students which will focus on a suggested curriculum that will insure both an on-time graduation (despite multiple school transitions) and a competitive resume for college applications. Research indicates that planning for post-high school education needs to begin in middle school. The college application process, admissions portfolios, and financial aid will be addressed. Participants will receive a Chart Your Course kit which includes a planning guide, a calendar outlining college admission and financial aid tasks and an interactive DVD. The free class is offered by the Military Child Military Child Education Coalition (MCEC). The class is open to parents and their teens and is slated for 6 to 8:30 p.m. Sept. 11. Register at www.planetreg.com/E72619392408320

TOOLS FOR CHILD’S SUCCESS

Preparing for the Journey: Giving Your Young Child a Head Start on the Road to Academic Success - Parent Conference is a course for parents of children birth through age 5. The process of building a foundation for reading and language begins at birth. Parents of children from birth to five years of age will come together to explore facts about early learning and to develop a plan to build literacy, science, and math activities into the fun activities that they do around the house with their young children. Kindergarten readiness will also be addressed. Participants will receive the Military Child Education Coalition book, “Chart Your Course: Preparing for the Journey,” along with other early literacy resources. The process of building a foundation for reading and language begins at birth. Parents of children from birth to five years of age will come together to explore facts about early learning and to develop a plan to build literacy, science, and math activities into the fun activities that they do around the house with their young children. The free class is offered by the Military Child Military Child Education Coalition (MCEC). The class is scheduled for 9 a.m. to noon Sept. 12. Register for the free session online at www.planetreg.com/E72619392408320

VALDEZ MILITARY RECREATION

Tent camping and on-site camp trailers with electricity are available for DoD cardholders in Fort Greeley’s Family and MWR campground in Valdez. The recreation site also offers showers, fishing charters, biking and camping equipment. Some facilities and services are open to the public. Call (907) 873-4311 for more information.

OFFICIAL INFORMATION

Fort Wainwright’s official Facebook page for installation news such as road closures and reporting status is www.facebook.com/FortWainwrightPAO. The unofficial page will no longer be updated. Like us on Facebook.

DIVORCE BRIEFING

Questions and concerns about divorce are addressed at weekly briefings offered by the Legal Assistance Office Tuesdays at 9 a.m. The divorce briefing is available to military members and spouses and is located in Building 1562 on the corner of Gaffney and Freeman Roads. For more information about legal services or an appointment, call 353-6534.

PREVENT ABUSE AND NEGLECT

Help for abused and neglected children is available locally and through a toll-free hotline. The 24-hour Child help National Child Abuse Hotline at (800) 4A-CHILD and on post, call Army Community Service at 353-7317. If you suspect a child is being hurt or neglected, contact the local police. Tips and resources are available for parents, educators, caregivers and volunteers at www.myarmyonesource.com.

MILITARY CHILD, FAMILY THERAPY

Family members of active and retired military can consult the Child and Family Assistance Center for assistance with youth and Family issues. Individual and group therapy is available. Referrals are not required. For more information or an appointment, call 361-6284 or 361-6059.

TERRORISM AWARENESS

August is Antiterrorism Awareness Month. Schedule an antiterrorism briefing for your unit or Family Readiness Group. For more information contact your unit Antiterrorism Officer or the garrison ATO at 353-6094.

VOTING ASSISTANCE

Alaskans in the Interior will have the opportunity to vote again Aug. 28. The Voting Assistance Program officer is available if anyone has questions or needs assistance with voter registration, call 353-7624 or check out the installation’s voting agency webpage for general voting information at www.wainwright.army.mil/armyVote/default.asp.

PRE-RETIREMENT BRIEFING

A monthly summary of retirement benefits for those who are one to two years from retirement, presented by the Army Career and Alumni Program. To schedule Survivor Benefit Plan or SBP counseling and to register for the pre-retirement briefing call 353-2099.

FOR YOUR HEALTH CLASSES

Arctic Health Link provides classes on diabetes, cholesterol, hypertension and tobacco cessation classes which are offered monthly. For more information or to sign up for a class, call 361-4148.

RECREATIONAL SHOOTING

The Sports Fire Range is available for all active duty military and DoD ID cardholders. The range is open weekdays 8 a.m. to 4 p.m., Wednesdays 4 to 8 p.m. and Saturdays 10 a.m. to 5 p.m. Military training has priority over all other range use. Fees do not apply for normal range use. For more information on safety training, requirements and availability of the Sports Fire Range, call range control, 353-1266.

Fort Wainwright
PAO website:
www.wainwright.mil

18397964
ESTHER BARBER
& STYLES
AK POST/AK
POST
1 x 2.0

11399237
VEITNAMESE
TEA & COFFEE
HOUSE
AK POST/AK
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12400907
IVORY JACKS
AK POST/AK POST
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11398340
LOOSE MOOSE CAFE
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Arctic Wolves stand down for safety



Soldiers from the 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division participate in a vehicle inspection and safety refresher class July 27. The class was part of a brigade-wide day of refresher training focused on recognizing and preventing high-risk behavior. (U.S. army photo by Sgt. Michael Blalack, 1/25 SBCT Public Affairs)

Allen Shaw,
Fort Wainwright PAO

The 1st Stryker Brigade Combat Team, 25th Infantry Division held a Safety Stand Down Day here July 27 to conduct focused training for the more than 4,000 Soldiers of the brigade. The focused refresher training consisted of presentations by subject-matter experts, vignettes and hands-on classes designed to increase awareness and ensure every Soldier understands local and Army policies on sexual harassment, suicide, weapons-handling and other safety related topics. Lt. Col. Erik Krivda, commander, 5th Squadron, 1st Cavalry Regiment, 1-25th SBCT said the day was devoted to standard safety awareness, focusing on handgun safety and the differences between specific weapons. “Every Soldier is given an

opportunity to handle different types of pistols, shotguns, semi-automatic and pump-action rifles and learn about the different safety mechanisms,” he said. The entire day was filled with activities built around “Arctic Tough” Soldiers, starting with a brigade run at 6 a.m. The remainder of the day focused on safety and preparation, including an inspection of personal vehicles and tips on winterization, as well as a refresher on communication with battle buddies and leadership. “We are focusing our attention on areas that the Army as a whole has identified as areas of concern along with some safety considerations unique to Alaska,” said Maj. David Mattox, public affairs officer, 1-25th SBCT, “We are dedicated to protecting Soldiers, Family members and our community. This is important to us.”



Command Sgt. Maj. Ray R. Lewis, command sergeant major, 1st Stryker Brigade Combat Team, 25th Infantry Division, briefs members of the local news media about the brigade Safety Day Stand Down July 27. Lacie Grosvold, CBS channel 13 interviewed Lewis in front of Monterey Lakes Memorial Park before touring the actual training stations. (Photo by Allen Shaw/Fort Wainwright PAO)

Military Appreciation Day slated for Pioneer Park



Military Appreciation Day is scheduled for Aug. 25 at Pioneer Park in Fairbanks. There will be a day of entertainment, food, prizes and free mini-golf, train and carousel rides for anyone with a military ID. For more information call 459-1087 or visit www.co.fairbanks.ak.us/pioneerpark. (File photo by Trish Muntean/Fort Wainwright PAO)

Allen Shaw, Fort Wainwright PAO

The Fairbanks North Star Borough Parks and Recreation Department at Pioneer Park and community partners are hosting a Military Appreciation Day Aug. 25 at Pioneer Park in Fairbanks. There will be a day of entertainment, food, free prize drawings, free mini-golf, free train rides and free carousel rides for anyone with a military ID. The park is open from noon to 8 p.m. and in addition to the shops and museums, there will be a car show, kids’ games, dancing at the Farthest North Dance Center and a dog-pull competition. “The Fairbanks North Star Borough Parks and Recreation Department has a variety of lei-

sure activities for the community and Pioneer Park is just one of many,” said Mike Bork, director of Parks and Recreation. “Military Appreciation Day is our opportunity to serve those who serve our country. I encourage Soldiers, Airmen and Family members to come out for the day and enjoy the gem of the Golden Heart City.” Bork also invites members of the civilian community to come out and enjoy the activities at Pioneer Park and “personally thank the military and their Families for the services and sacrifices that allow us to enjoy the freedoms we have,” he said, “I guarantee it will be a good time.” For more information on Pioneer Park and Military Appreciation Day, call 459-1087 or visit www.co.fairbanks.ak.us/pioneerpark.

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ALASKA FUN CENTER
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